

## **ABSTRACT OF THE DISCLOSURE**

An apparatus and method for processing heart rate information by wirelessly transferring the information between a heart rate monitor and a personal computer device (PCD). The information includes programming information and heart rate or training information collected during use of the heart rate monitor. The PCD may include a personal digital assistant (PDA), a pocket personal computer (pocket PC), or a laptop computer. The information is transferred over an infrared, sonic, audible, ultrasonic, magnetic, radio frequency, IEEE 802.11, or Bluetooth-based communication link.

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